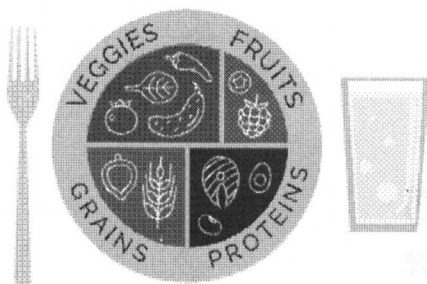


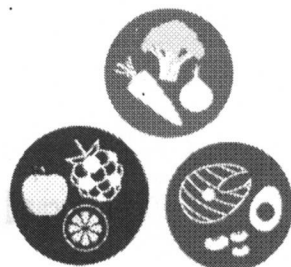
# 6 Ways to Eat Well as You Get Older



1

## Know what a healthy plate looks like

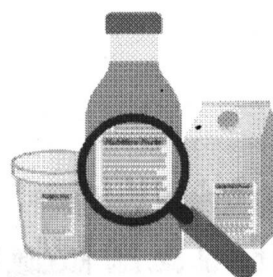
See how to build a healthy plate at [ChooseMyPlate.gov](http://ChooseMyPlate.gov)



2

## Look for important nutrients

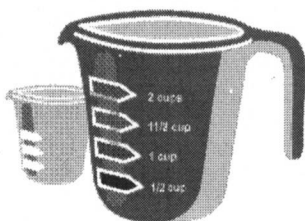
Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.



3

## Read nutrition labels

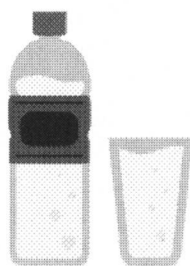
Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.



4

## Use recommended servings

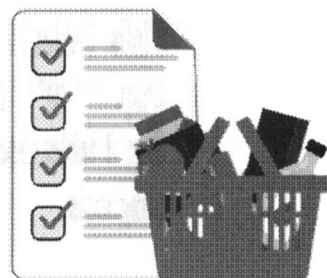
Learn the recommended daily servings for adults aged 60+ at [heart.org](http://heart.org)



5

## Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.



6

## Stretch your food budget

Get help paying for healthy food at [BenefitsCheckUp.org/getSNAP](http://BenefitsCheckUp.org/getSNAP)